

Junior First Degree

1. What is the name of your Judo organization?
 - A) United States Judo Association
 - B) United States Judo Federation
 - C) International Judo Federation

 2. Who founded Judo?
 - A) Nagaoka
 - B) Mifune
 - C) Jigoro Kano
 - D) Kotani

 3. What is the name of the school he founded?
 - A) Epizoundes
 - B) Kodokan
 - C) Budokan
 - D) Shudokan

 4. What is the date of the founding of Judo?
 - A) 1881
 - B) 1882
 - C) 1910
 - D) 1886
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Judo Vocabulary

Directions: Fill in the Japanese equivalent for the following English terms from the list to the right.

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| 1. Teacher _____ | a) Randori |
| 2. Sitting on knees _____ | b) Seiza |
| 3. Sitting crossed Legged _____ | c) Tori |
| 4. Attention! _____ | d) Uchi Komi |
| 5. Bow! _____ | e) Kiyotsuke! |
| 6. Falling methods or ways _____ | f) Uke |
| 7. Off Balance _____ | g) Ukemi |
| 8. Repetition attack practice without throwing,
done with a partner _____ | h) Hajime! |
| 9. Person Receiving technique _____ | i) Matte! |
| 10. Person performing technique _____ | j) Maitta! |
| 11. Begin _____ | k) Sensei |
| 12. Stop _____ | l) Anza |
| 13. I surrender _____ | m) Rei |
| 14. Free practice _____ | n) Kuzushi |
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